



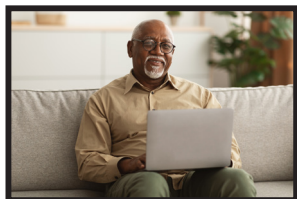
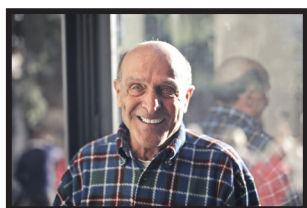
Discover the Men's Shed at WE Seniors!

Join us Wednesdays
6:30 p.m. to 8:30 p.m.
Everyone is welcome!
9629 176 Street
Edmonton

WHAT IS A MEN'S SHED?

Sheds are a safe place for senior men to gather, coffee, play cards & talk.
Make new friends, be a part of something.

It's somewhere to go. Something to do. Someone to talk with.
Have some laughs!





WESENIORS GAMES ROOM

We plan to spend 1 week each month in the Games Room. It is the perfect place for our shedders to hang out. It features **3 billard tables, a ping pong table, dart board and plenty of board games.**



WESENIORS CAFE

The Cafe features a large screen TV. This means if shedders want to get together to watch the game, we can gather here.

We plan to host **monthly guest speakers who will be presenting on topics such as men's health, fitness, and more.** In the summer, we will have access to the WEseniors beautiful wrap around deck and where we can enjoy the evening sun, some music and the gorgeous view of the pond.

THE COFFEE IS ALWAYS ON!

We will have treats and coffee available in the Cafe.

Cost is \$1.00 each so bring some loonies!

Know someone who might be interested in our shed?
Invite them for a coffee!



WESENIORS WORKSHOP

We have some fun ideas on how we can spend time in the WEseniors Workshop! Shedders will have the opportunity to **work on individual projects** but we are also hoping to **work on some group projects**. And don't worry if you haven't done alot of wood working. We have guys with years of experience who will be taking the lead!



WESENIORS MEN'S SHED

WESeniors Men's Shed is hosted at the Westend Seniors Activity Centre, here in Edmonton.

Our Men's Shed is a social club that provides a relaxed environment for men to gather, make friends, and improve their physical and mental wellness through enjoyable activities.

Our simple concept focuses on creating a space where men can connect with others who share similar interests and life experiences. We are the place where men can go to laugh and enjoy a few hours with the guys.

DID YOU KNOW MEN'S SHEDS ARE GOOD FOR YOU?

Studies worldwide show the positive impact of Men's Sheds on well-being. A 2023 University of Alberta study found that Shed members experience stronger friendships, greater inclusion, and improved mental and physical health.

“Good things happen when we get together”

WESENIORS MEN'S SHED

Call:

Mark at 780 905-4714 or Grant at 780 952-2673

Email:

MensShed@weseniors.ca

Wednesdays at 6:30 p.m. to 8:30 p.m.

9629 176 Street NW

Edmonton

Proudly
hosted
at the
Westend
Seniors
Activity
Centre

